

LET OUR JOURNEY BEGIN.



*Lent with St. Joseph*  
17 February 2021

REFLECTIONS & PRAYERS  
FOR THIS BLESSED SEASON

*Dear Friends,*

*Peace and Every Good!*

*Our experience of church has changed. While we suffer great challenges to gather as Church in these times; I believe we are also given greater opportunities. Invitations to nurture and build upon the faith that we have been gifted here in Singapore for 200 years...*

*As we celebrate Catholic 200 SG we realise our pioneers and missionaries had to “think out of the box” and many times they began by nurturing the faith in families.*

*While we love our Parish, we are also ask to connect in ways that go beyond the physical building that house us. We need to find ways that connect the IN-PERSON Worship with the ONLINE worship.*

*So this Lent we hope to unite by **Journeying with St Joseph @St Mary’s** . In these challenging and uncertain times let us look to St Joseph to guide us. While he is the patron of the Universal Church; he is also a saint we look too when we face doubts, need guidance and courage because we are fearful and are hesitating on how we need to respond to God’s call. His life , his plans, his dreams underwent radical changes. In submitting ; the model of the domestic church emerges.*

**WITH A FATHER’S HEART:** *that is how Joseph loved Jesus. In the Year of St Joseph, we @ St Mary’s dedicate this time of renewal and this Journey of Lent to Jesus our Lord by invoking St Joseph who with a Father’s Heart, will guide us and help us.*

*It can be difficult just watching Masses online; and we can feel disconnected to what is going on IN-PERSON in Church. We hope this Para liturgy Kit can assist you, your family, your small communities to be more interactive and integrated with the Lenten Journey here at St Mary’s.*

**God’s Abundant Blessings!**

*Friars Mike, Esmond and Gerard together with the Faith and Evangelization Office*



## WHAT IS LENT ?

Great celebrations require a time of preparation. Imagine a wedding ceremony or a school graduation ceremony. Such events not only involve logistical planning but an anticipation of that special day.

Engaged couple spend hours together before hand considering the new life stage they are about to embark on. They might even go on courses to prepare themselves. Students often go through formal examinations, emptying of lockers, returning library books before leaving a school. This period of preparation is not only important, when done meaningfully, it sets the stage for how we are on the event day.

Lent is no different. The Easter celebration is a significant part of the Christian life. It commemorates the great Paschal mystery where Jesus suffered, died and rose from the dead. It forms the foundation of the Good News of God's love for each of us. As such, the Church marks a period of preparation toward this celebration— Lent.

Lent represents 40 days of fasting, prayer and almsgiving that prepares the faithful to make a great Easter celebration. It begins on Ash Wednesday and goes right through to Good Friday and Easter Sunday. It excludes Sundays because that day remains to be a day of rest and celebration for Christians. Traditionally, Christians use this time to give up meat, sacrifice something good or commit to frequent prayer in order to prepare mentally, spiritually and emotionally for Easter.

May this Lenten kit help prepare you as a household for this great adventure of Easter!



## *Lenten Kit / What You need*

- \* 1 QR code
- \* 1 Plate
- \* 5 Stones
- \* Wood Chips
- \* Blessed Ashes (*Only for Ash Wed*)

## *Symbols Explained*

- \* **QR Code** to link you to the Lenten booklet to take you through the season of Lent.
- \* **Ash** to mark the beginning of Lent by remembering that from dust we come, and to dust we shall return.
- \* **Plate** to remind us of Jesus' 40 days in the desert, and that He is the potter and we are the clay.  
*As a domestic Church, you may write the Names of each household member on the plate.*
- \* **Wood Chips** to remind us of Saint Joseph, the beloved Carpenter who walks with us this Lenten journey.
- \* **Stones** to remind us of the attributes of Saint Joseph that we are invited to ponder and instil within our daily living.

## *What you need to do*

- \* Dedicate a space (*e.g. your family altar*) where these items can be placed on and where the household can pray together.
- \* As a symbol of walking this season with St Joseph, **place the wooden chips onto the plate** as a sign of the great carpenter who nurtured Jesus and so too, today nurtures us.
- \* **Each Sunday** you will be invited to **reflect and place a stone** on this plate.
- \* As you do this, let this Lenten bowl be a reminder to live your days as God's beloved in the world.



ASH WEDNESDAY – 17TH FEB 2021  
JOSEPH THE BELOVED SAINT

### **Opening Prayer:**

In the Name of the Father, and of the Son, and of the Holy Spirit.  
Let us pray:

Grant, O Lord, that we may begin with holy fasting this campaign of Christian service, so that, as we take up battle against spiritual evils, we may be armed with weapons of self-restraint. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. Amen.

*Let us observe a moment of stillness and awaken our senses to hearing God in Sacred Scripture.*

### **Gospel:**

**A reading taken from the Holy Gospel according to Saint Matthew.**

Jesus said to his disciples:

“Take care not to perform righteous deeds in order that people may see them; otherwise, you will have no recompense from your heavenly Father. When you give alms, do not blow a trumpet before you, as the hypocrites do in the synagogues and in the streets to win the praise of others. Amen, I say to you, they have received their reward. But when you give alms, do not let your left hand know what your right is doing, so that your almsgiving may be secret. And your Father who sees in secret will repay you.

“When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see

them. Amen, I say to you, they have received their reward. But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you.

“When you fast, do not look gloomy like the hypocrites. They neglect their appearance, so that they may appear to others to be fasting. Amen, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, so that you may not appear to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you.”

*The Gospel of the Lord*

**Reflecting with St Joseph :**

*All throughout history, Catholic women and men have looked to Joseph as an inspiration. In fact, the Bible gave the husband of Mary the name "Joseph", because of how beloved a figure the Old Testament Joseph was. Joseph's many attributes, as we will explore throughout this Lent, and his significance in Salvation History inspires and enables us to live good Christian lives. As we begin Lent, we too are called to live lives that enable others.*

**Reflection Questions:**



- ◇ Do we live a life that attracts others to God?
- ◇ What does it mean to be beloved by others just like St Joseph?
- ◇ What do people remember when they encounter/ meet me?

*Spend some time either alone or with your family reflecting on the questions above. It would be great to journal your thoughts and the sharing of another that speaks to you.*

## **Imposition of Ashes**

*The head of the household sprinkles the ashes on the heads of each member gathered, as a symbol of one's pilgrim journey on earth, and as a symbol of a Lenten journey that has begun.*

***“Remember you are dust, and to dust you shall return”***

We have now been marked with the sign of salvation, and so begin a holy season of preparation. May this time be for us, a sacred journey of repentance, renewal and reward.

Amen.

### **Prayer to St Joseph:**

To you, O blessed Joseph, do we come to you this day, confidently invoking your prayer for us.

Through the charity which bound you to the Immaculate Virgin Mother of God and through your fatherly love with which you embraced the Child Jesus, we ask that you guide us through this great season of Lent, teaching us how to love and live like you.

O most watchful guardian of the Holy Family, keep our families and our loved ones safe. Defend us from any evil word, intention or deed that separates us from loving God and loving others. And if we should fall, encourage us by your grace, to rise again stronger.

So that supported by your example and your aid, we may be able to live piously, to die in holiness and attain eternal joy with God. Amen.

### **The Lord's Prayer:**

As one pilgrim Church, we call to mind the words that Jesus taught us and the prayer that unites us as his beloved children,

Our Father ...

### **Concluding Prayer:**

Let us pray :

Support us, Lord, as with this Lenten fast we begin our Christian warfare, so that in doing battle against the spirit of evil we may be armed with the weapon of self-denial. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.



### **Lenten Bowl**

*Place the plate / an earthen bowl in your prayer space this Lent.*

*As a symbol of walking this season with St Joseph,  
place the wooden chips as a sign of the great carpenter  
who nurtured Jesus and so too, today nurtures us.*

*You may also place five stones that will be marked throughout the  
Sundays of Lent as you reflect with us. As you do this, let this Lenten  
bowl be a reminder to live your days, as God's beloved in the world.*



1ST SUNDAY  
JOSEPH THE OBEDIENT DISCIPLE



1ST SUNDAY OF LENT – 21ST FEB 2021  
JOSEPH THE OBEDIENT DISCIPLE

### **Opening Prayer:**

In the Name of the Father, and of the Son, and of the Holy Spirit.  
Let us pray :

Grant, almighty God, through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and pursue their effects. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

*Let us observe a moment of stillness and awaken our senses to hearing God in Sacred Scripture.*

### **Gospel:**

**A reading taken from the Holy Gospel according to Saint Mark.**

The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him.

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: “This is the time of fulfilment. The kingdom of God is at hand. Repent, and believe in the Gospel.”

*The Gospel of the Lord*

## **Reflecting with St Joseph :**

*As he had done with Mary, God revealed his saving plan to Joseph. He did so by using dreams, which in the Bible and among all ancient peoples, were considered a way for him to make his will known. Many times being part of God's saving plan is not easy.*

*Obedience comes from the root word, "to listen". In order to be obedient, we must spend time listening to what God is saying to us with an open-mind and sincere heart. God spoke to Joseph through dreams and he was deeply troubled by Mary's mysterious pregnancy. He did not want to expose her and so he decided to "dismiss her quietly" (Mt 1:19). However, God spoke to Joseph and asked that he take Mary as his wife, and that she would bear a Son who would save people from their sins (Mt 1:20-21). Joseph's response was immediate. It was his obedience to be a faithful servant of God that allowed him to make the hard choices.*

*Joseph's obedience was born out of his desire to work with God to reveal God's love to people. In his own way, he reflects the same "fiat" as Mary did when she accepted the role of being Jesus's mother.*



### **Reflection Questions:**

- ◇ Do we desire to listen to God in our life?
- ◇ What does it mean to be obedient just like St Joseph?
- ◇ What temptations do I encounter that distract me from being obedient to God's saving plan?

*Spend some time either alone or with your family reflecting on the questions above. It would be great to journal your thoughts and the sharing of another that speaks to you.*

### **Prayer to St Joseph:**

To you, O blessed Joseph, do we come to you this day, confidently invoking your prayer for us.

Through the charity which bound you to the Immaculate Virgin Mother of God and through your fatherly love with which you embraced the Child Jesus, we ask that you guide us through this great season of Lent, teaching us how to love and live like you.

O most watchful guardian of the Holy Family, keep our families and our loved ones safe. Defend us from any evil word, intention or deed that separates us from loving God and loving others. And if we should fall, encourage us by your grace, to rise again stronger.

So that supported by your example and your aid, we may be able to live piously, to die in holiness and attain eternal joy with God.

Amen.

### **The Lord's Prayer:**

As one pilgrim Church, we call to mind the words that Jesus taught us and the prayer that unites us as his beloved children,

Our Father ...

## Concluding Prayer:

Let us pray :

Through our annual Lenten observance, Lord, deepen our understanding of the mystery of Christ and make it a reality in the conduct of our lives. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.



## Lenten Stone

*Mark your first Lenten stone with the words "Obedient".  
As you do this, let this stone be a reminder  
to live your days obedient to God's will for each of us.*



2ND SUNDAY  
JOSEPH THE ACCEPTING HUSBAND



2ND SUNDAY OF LENT – 28TH FEB 2021  
JOSEPH THE ACCEPTING HUSBAND

### **Opening Prayer:**

In the Name of the Father, and of the Son, and of the Holy Spirit.  
Let us pray :

O God, who have commanded us to listen to your beloved Son, be pleased, we pray, to nourish us inwardly by your word, that, with spiritual sight made pure, we may rejoice to behold your glory. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. Amen.

*Let us observe a moment of stillness and awaken our senses to hearing God in Sacred Scripture.*

### **Gospel:**

*A reading taken from the Holy Gospel according to Saint Mark.*

Jesus took Peter, James, and John and led them up a high mountain apart by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no fuller on earth could bleach them. Then Elijah appeared to them along with Moses, and they were conversing with Jesus. Then Peter said to Jesus in reply, “Rabbi, it is good that we are here! Let us make three tents: one for you, one for Moses, and one for Elijah.” He hardly knew what to say, they were so terrified. Then a cloud came, casting a shadow over them; from the cloud came a voice, “This is my beloved Son. Listen to him.” Suddenly, looking around, they no longer saw anyone but Jesus alone with them.

As they were coming down from the mountain, he charged them not to relate what they had seen to anyone, except when the Son of Man had risen from the dead. So they kept the matter to themselves, questioning what rising from the dead meant.

*The Gospel of the Lord*

**Reflecting with St Joseph :**

*What does it mean to accept someone unconditionally? “The nobility of Joseph’s heart is such that what he learned from the law he made dependent on charity. Today, in our world where psychological, verbal and physical violence towards women is so evident, Joseph appears as the figure of a respectful and sensitive man. Even though he does not understand the bigger picture, he makes a decision to protect Mary’s good name, her dignity and her life. In his hesitation about how best to act, God helped him by enlightening his judgment” (Patris Corde).*

*Similarly, in the Gospel, the disciples were told to not speak of what they saw till Jesus had risen. Even though the disciples did not understand what Jesus meant, they accepted what he said and obeyed. Sometimes we are tempted to judge a situation or someone based on what we see imperfectly. The example of St Joseph reminds us that we refrain from judgement and to accept the truth that everyone is made good and holy.*



### **Reflection Questions:**

- ◇ Do we accept everyone as God's children, made good and holy?
- ◇ What does it mean to accept another like St Joseph?
- ◇ What areas in my life, am I invited to practise acceptance?

*Spend some time either alone or with your family reflecting on the questions above. It would be great to journal your thoughts and the sharing of another that speaks to you.*

### **Prayer to St Joseph:**

To you, O blessed Joseph, do we come to you this day, confidently invoking your prayer for us.

Through the charity which bound you to the Immaculate Virgin Mother of God and through your fatherly love with which you embraced the Child Jesus, we ask that you guide us through this great season of Lent, teaching us how to love and live like you.

O most watchful guardian of the Holy Family, keep our families and our loved ones safe. Defend us from any evil word, intention or deed that separates us from loving God and loving others. And if we should fall, encourage us by your grace, to rise again stronger.

So that supported by your example and your aid, we may be able to live piously, to die in holiness and attain eternal joy with God.

Amen.

## **The Lord's Prayer:**

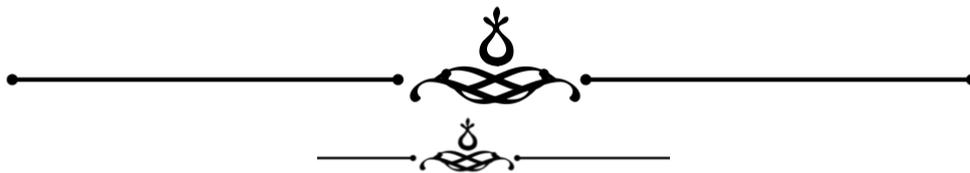
As one pilgrim Church, we call to mind the words that Jesus taught us and the prayer that unites us as his beloved children,

Our Father ...

## **Concluding Prayer:**

Let us pray :

God our Father, you bid us listen to your Son, the well-beloved. Nourish our hearts on your word, purify the eyes of our mind, and fill us with joy at the vision of your glory. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.



## **Lenten Stone**

*Mark your second Lenten stone with the words "Acceptance".  
As you do this, let this stone be a reminder to live your days,  
embodying God's unconditional acceptance of the world.*



3RD SUNDAY  
JOSEPH THE COURAGEOUS LEADER



3RD SUNDAY OF LENT – 7TH MAR 2021  
JOSEPH THE COURAGEOUS LEADER

### **Opening Prayer:**

In the Name of the Father, and of the Son, and of the Holy Spirit.  
Let us pray :

O God, author of every mercy and of all goodness, who in fasting, prayer and almsgiving have shown us a remedy for sin, look graciously on this confession of our lowliness, that we, who are bowed down by our conscience, may always be lifted up by your mercy. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. Amen.

*Let us observe a moment of stillness and awaken our senses to hearing God in Sacred Scripture.*

### **Gospel:**

*A reading taken from the Holy Gospel according to Saint John.*

Since the Passover of the Jews was near, Jesus went up to Jerusalem. He found in the temple area those who sold oxen, sheep, and doves, as well as the money changers seated there. He made a whip out of cords and drove them all out of the temple area, with the sheep and oxen, and spilled the coins of the money changers and overturned their tables, and to those who sold doves he said, “Take these out of here, and stop making my Father’s house a marketplace.” His disciples recalled the words of Scripture, Zeal for your house will consume me.

At this the Jews answered and said to him, “What sign can you show us for doing this?” Jesus answered and said to them, “Destroy this temple and in three days I will raise it up.” The Jews said, “This temple has been under construction for forty-six years, and you will raise it up in three days?” But he was speaking about the temple of his body. Therefore, when he was raised from the dead, his disciples remembered that he had said this, and they came to believe the Scripture and the word Jesus had spoken.

While he was in Jerusalem for the feast of Passover, many began to believe in his name when they saw the signs he was doing. But Jesus would not trust himself to them because he knew them all, and did not need anyone to testify about human nature. He himself understood it well.

*The Gospel of the Lord*

**Reflecting with St Joseph :**

God acted by trusting in Joseph’s creative courage. Arriving in Bethlehem and finding no lodging where Mary could give birth, Joseph took a stable and, as best he could, turned it into a welcoming home for the Son of God come into the world (cf. Lk 2:6-7). Faced with imminent danger from Herod, who wanted to kill the child, Joseph was warned once again in a dream to protect the child, and rose in the middle of the night to prepare the flight into Egypt (cf. Mt 2:13-14).

Similarly, in the Gospel, we see Jesus acting courageously to stand up for what is right, even if it means being unpopular.



### **Reflection Questions:**

- ◇ When we are faced with difficulties, how do we practice being courageous to find creative solutions forward?
- ◇ What does it mean to be courageous like St Joseph?
- ◇ Where am I currently being challenged and how might courage in this situation look like?

*Spend some time either alone or with your family reflecting on the questions above. It would be great to journal your thoughts and the sharing of another that speaks to you.*

### **Prayer to St Joseph:**

To you, O blessed Joseph, do we come to you this day, confidently invoking your prayer for us.

Through the charity which bound you to the Immaculate Virgin Mother of God and through your fatherly love with which you embraced the Child Jesus, we ask that you guide us through this great season of Lent, teaching us how to love and live like you.

O most watchful guardian of the Holy Family, keep our families and our loved ones safe. Defend us from any evil word, intention or deed that separates us from loving God and loving others. And if we should fall, encourage us by your grace, to rise again stronger.

So that supported by your example and your aid, we may be able to live piously, to die in holiness and attain eternal joy with God.

Amen.

## **The Lord's Prayer:**

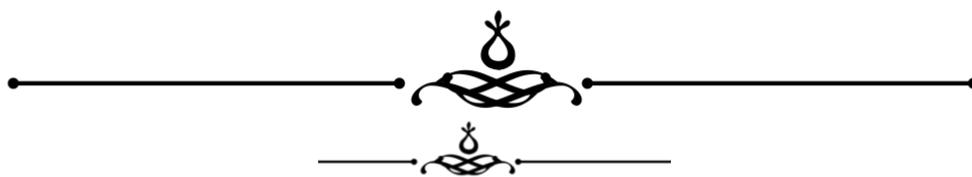
As one pilgrim Church, we call to mind the words that Jesus taught us and the prayer that unites us as his beloved children,

Our Father ...

## **Concluding Prayer:**

Let us pray :

God our Father, in your infinite love and goodness you have shown us that prayer, fasting and almsgiving are remedies for sin. Accept the humble admission of our guilt, and when our conscience weighs us down let your unfailing mercy raise us up. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.



## **Lenten Stone**

*Mark your third Lenten stone with the words "Courage".*

*As you do this, let this stone be a reminder  
to live your day with God's courage in the world.*



4TH SUNDAY  
JOSEPH THE TENDER WITNESS



4TH SUNDAY OF LENT – 14TH MAR 2021  
JOSEPH THE TENDER WITNESS

### **Opening Prayer:**

In the Name of the Father, and of the Son, and of the Holy Spirit.  
Let us pray :

O God, who through your Word reconcile the human race to yourself in a wonderful way, grant, we pray, that with prompt devotion and eager faith the Christian people may hasten toward the solemn celebration to come. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. Amen.

*Let us observe a moment of stillness and awaken our senses to hearing God in Sacred Scripture.*

### **Gospel:**

*A reading taken from the Holy Gospel according to Saint John.*

Jesus said to Nicodemus:

“Just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, so that everyone who believes in him may have eternal life.”

For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through him. Whoever believes in him will not be condemned, but whoever does not believe has already

been condemned, because he has not believed in the name of the only Son of God. And this is the verdict, that the light came into the world, but people preferred darkness to light, because their works were evil. For everyone who does wicked things hates the light and does not come toward the light, so that his works might not be exposed. But whoever lives the truth comes to the light, so that his works may be clearly seen as done in God.

*The Gospel of the Lord*

**Reflecting with St Joseph :**

*Joseph saw Jesus grow daily “in wisdom and in years and in divine and human favour” (Lk 2:52). As the Lord had done with Israel, so Joseph did with Jesus: he taught him to walk, taking him by the hand; he was for him like a father who raises an infant to his cheeks, bending down to him and feeding him (cf. Hos 11:3-4).*

*In Joseph, Jesus saw the tender love of God: “As a father has compassion for his children, so the Lord has compassion for those who fear him” (Ps 103:13). In many ways, the Gospel reminds us to reveal that tender and loving love of God for the world. Just as God the Father sent his only Son then, so too today does he send us- his beloved children.*



**Reflection Questions:**

- ◇ Do we recognise daily that we are God’s beloved sent to love the world around us?
- ◇ What does it mean to be a loving witness like St Joseph?
- ◇ Who are the people in my life that I am called to be a witness to?

*Spend some time either alone or with your family reflecting on the questions above. It would be great to journal your thoughts and the sharing of another that speaks to you.*

### **Prayer to St Joseph:**

To you, O blessed Joseph, do we come to you this day, confidently invoking your prayer for us.

Through the charity which bound you to the Immaculate Virgin Mother of God and through your fatherly love with which you embraced the Child Jesus, we ask that you guide us through this great season of Lent, teaching us how to love and live like you.

O most watchful guardian of the Holy Family, keep our families and our loved ones safe. Defend us from any evil word, intention or deed that separates us from loving God and loving others. And if we should fall, encourage us by your grace, to rise again stronger.

So that supported by your example and your aid, we may be able to live piously, to die in holiness and attain eternal joy with God.

Amen.

### **The Lord's Prayer:**

As one pilgrim Church, we call to mind the words that Jesus taught us and the prayer that unites us as his beloved children,

Our Father ...

## Concluding Prayer:

Let us pray :

Lord God, in your surpassing wisdom you reconcile man to yourself through your Word. Grant that your Christian people may come with eager faith and ready will to celebrate the Easter festival. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.



## Lenten Stone

*Mark your fourth Lenten stone with the words "Loving Witness".  
As you do this, let this stone be a reminder to live your days,  
as God's witness in the world.*



5TH SUNDAY  
JOSEPH THE HUMBLE FATHER



5TH SUNDAY OF LENT – 21ST MAR 2021  
JOSEPH THE HUMBLE FATHER

**Opening Prayer:**

In the Name of the Father, and of the Son, and of the Holy Spirit.  
Let us pray :

O God, who through your Word reconcile the human race to yourself in a wonderful way, grant, we pray, that with prompt devotion and eager faith the Christian people may hasten toward the solemn celebration to come. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. Amen.

*Let us observe a moment of stillness and awaken our senses to hearing God in Sacred Scripture.*

**Gospel:**

*A reading taken from the Holy Gospel according to Saint John.*

Some Greeks who had come to worship at the Passover Feast came to Philip, who was from Bethsaida in Galilee, and asked him, “Sir, we would like to see Jesus.” Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, “The hour has come for the Son of Man to be glorified. Amen, amen, I say to you, unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit. Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life. Whoever serves me must follow me, and where I am,

there also will my servant be. The Father will honour whoever serves me.

“I am troubled now. Yet what should I say, ‘Father, save me from this hour’? But it was for this purpose that I came to this hour. Father, glorify your name.” Then a voice came from heaven, “I have glorified it and will glorify it again.” The crowd there heard it and said it was thunder; but others said, “An angel has spoken to him.” Jesus answered and said, “This voice did not come for my sake but for yours. Now is the time of judgment on this world; now the ruler of this world will be driven out. And when I am lifted up from the earth, I will draw everyone to myself.” He said this indicating the kind of death he would die.

*The Gospel of the Lord*

**Reflecting with St Joseph :**

*The word humility is taken from the root word, humus, “ground”. It is an attribute that seeks to be at the service of others, and not ruler over others. In the Gospel, Jesus talks about his purpose- to be a sacrifice for us. Jesus was not sent to be ruler or dictator. He came to be a gift to us, through his life, death and resurrection.*

*Similarly, Joseph found happiness not in mere self-sacrifice but in self-gift. In him, we never see frustration but only trust. His patient silence was the prelude to concrete expressions of trust. Our world today needs fathers. It has no use for tyrants who would domineer others as a means of compensating for their own needs. It rejects those who confuse authority with authoritarianism, service with servility, discussion with oppression, charity with a welfare mentality, power with destruction. Every true vocation is born of the gift of oneself, which is the fruit of mature sacrifice. (Patris Corde)*



### **Reflection Questions:**

- ◇ Why do we need to be humble?
- ◇ What does it mean to be a humble like St Joseph?
- ◇ What areas in my life do I struggle to remain humble in the Lord?

*Spend some time either alone or with your family reflecting on the questions above. It would be great to journal your thoughts and the sharing of another that speaks to you.*

### **Prayer to St Joseph:**

To you, O blessed Joseph, do we come to you this day, confidently invoking your prayer for us.

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O most watchful guardian of the Holy Family, keep our families and our loved ones safe. Defend us from any evil word, intention or deed that separates us from loving God and loving others. And if we should fall, encourage us by your grace, to rise again stronger.

So that supported by your example and your aid, we may be able to live piously, to die in holiness and attain eternal joy with God.

Amen.

## **The Lord's Prayer:**

As one pilgrim Church, we call to mind the words that Jesus taught us and the prayer that unites us as his beloved children,

Our Father ...

## **Concluding Prayer:**

Let us pray :

Lord our God, your Son so loved the world that he gave himself up to death for our sake. Strengthen us by your grace, and give us a heart willing to live by that same love. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.



## **Lenten Stone**

*Mark your fifth Lenten stone with the words "Humility".  
As you do this, let this stone be a reminder to live your days,  
grounded on the Gospel.*



PALM SUNDAY – 28TH MAR 2021

### **Opening Prayer:**

In the Name of the Father, and of the Son, and of the Holy Spirit.  
Let us pray :

Almighty ever-living God, who as an example of humility for the human race to follow caused our Saviour to take flesh and submit to the Cross, graciously grant that we may heed his lesson of patient suffering and so merit a share in his Resurrection. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. Amen.

*Let us observe a moment of stillness and awaken our senses to hearing God in Sacred Scripture.*

### **Gospel:**

*A reading taken from the Holy Gospel according to Saint Mark.*

When they drew near to Jerusalem, to Bethpage and Bethany, at the Mount of Olives, Jesus sent two of his disciples, and said to them, 'Go into the village opposite you, and immediately as you enter it you will find a colt tied, on which no one has ever sat; untie it and bring it. If anyone says to you, "Why are you doing this?" say, "The Lord has need of it and will send it back here immediately.'" And they went away, and found a colt tied at the door out in the open street; and they untied it. And those who stood there said to them, 'What are you doing, untying the colt?' And they told them what Jesus had said; and

they let them go. And they brought the colt to Jesus, and threw their garments on it; and he sat upon it. And many spread their garments on the road, and others spread leafy branches which they had cut from the fields.

And those who went before and those who followed cried out,

***'Hosanna!***

***Blessed is he who comes in the name of the Lord!***

***Blessed is the kingdom of our father David that is coming!***

***Hosanna in the highest!'***

*The Gospel of the Lord*

**Reflecting with St Joseph :**

*Who gets our praise and adulation in the world? TV stars, social media influencers and famous athletes might be common examples. Yet how quickly do these fade as time passes by. In the Gospel, we see the quick turn of events from the grand welcome of Jesus to his crucifixion. From inspiration to scandal, the goodness of Jesus moves from being noticed to being unnoticed- even rejected.*

*Each of us can discover in Joseph – the man who goes unnoticed, a daily, discreet and hidden presence – an intercessor, a support and a guide in times of trouble. Saint Joseph reminds us that those who appear hidden or in the shadows can play an incomparable role in the history of salvation. A word of recognition and of gratitude is due to them all. As we enter into Holy Week, may we spend time to notice the unnoticed moments of God in our lives.*



### **Reflection Questions:**

- ◇ Where in my life have I not noticed God?
- ◇ What does it mean to grow in awareness of God's goodness around me?

*Spend some time either alone or with your family reflecting on the questions above. It would be great to journal your thoughts and the sharing of another that speaks to you.*

### **Prayer to St Joseph:**

To you, O blessed Joseph, do we come to you this day, confidently invoking your prayer for us.

Through the charity which bound you to the Immaculate Virgin Mother of God and through your fatherly love with which you embraced the Child Jesus, we ask that you guide us through this great season of Lent, teaching us how to love and live like you.

O most watchful guardian of the Holy Family, keep our families and our loved ones safe. Defend us from any evil word, intention or deed that separates us from loving God and loving others. And if we should fall, encourage us by your grace, to rise again stronger.

So that supported by your example and your aid, we may be able to live piously, to die in holiness and attain eternal joy with God.

Amen.

## **The Lord's Prayer:**

As one pilgrim Church, we call to mind the words that Jesus taught us and the prayer that unites us as his beloved children,

Our Father ...

## **Concluding Prayer:**

Let us pray :

Almighty, ever-living God, you gave our Saviour the command to become man and undergo the cross as an example of humility for all men to follow. We have the lessons of his sufferings: give us also the fellowship of his resurrection. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.



## **Lenten Stones**

*You are invited to spend time reviewing your Lenten journey  
by focussing on the Lenten stones  
and the wooden chips you have placed in the plate.*

---

*Beloved*

*Obedient*

*Acceptance*

*Courage*

*Loving Witness*

*Humility*

**"For I was hungry and you gave me food,  
I was thirsty and you gave me drink, I  
was a stranger and you welcomed me."**

**- Matthew 25:35**

Come enjoy a meal at The Social Kitchen and help to support a social enterprise that provides employment to disadvantaged individuals.

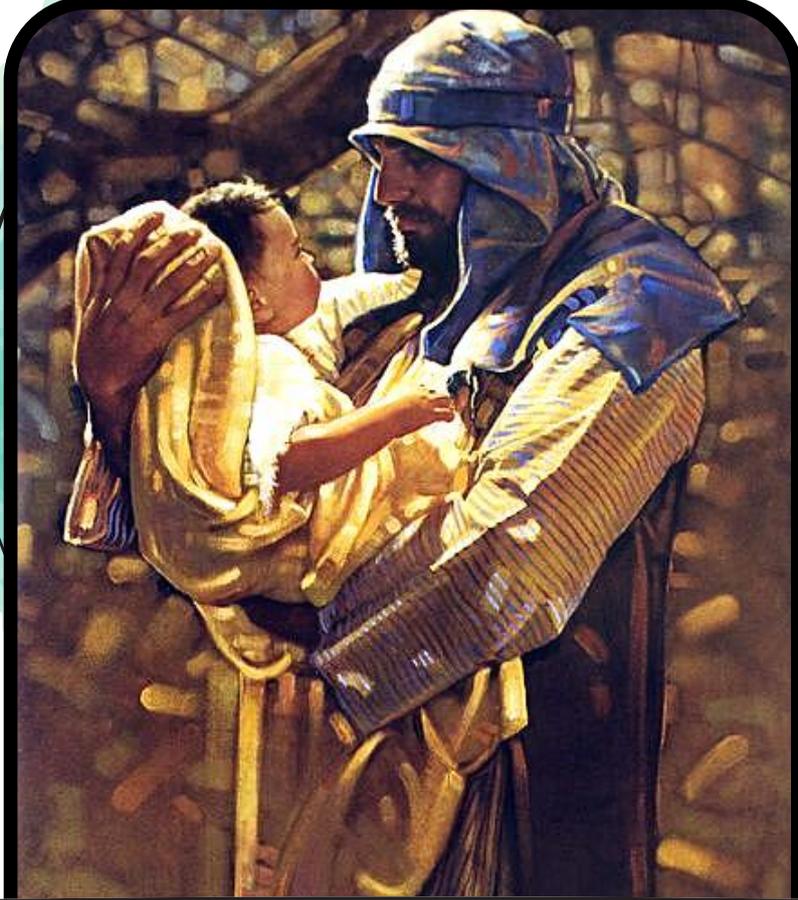
Visit us at B2, next to Gubbio Canteen.



*ginger*  
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SAINT JOSEPH  
PRAY FOR US